

Name: _____ Period: _____

Dietary Guideline #4
Food Groups to Encourage Study Guide

- The food groups to encourage include fruits, _____, _____ grains, and fat-free or _____ - _____ dairy products.
- People who eat a diet high in these foods have many health benefits and a reduced risk of the following:
 - _____ diseases
 - Stroke
 - _____ disease
 - Type 2 _____
 - Certain _____ such as lung, colon, stomach cancer.

Key Recommendations

- Eat _____ cups of fruit each day.
- Eat _____ cups of vegetables each day.
- Choose a _____ of fruits and vegetables daily, especially dark _____, orange and yellow vegetables.
- Half your _____ should be whole _____.
- Consume _____ cups of fat-free or low-fat _____ products daily.

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Food Groups to Encourage Pamphlet

Directions: Using your study guide with information on Foods Groups to Encourage, make a pamphlet with the information. Each of the six panels must be colorful, have illustrations, and be factually correct. You can use markers, colored pencils, Printshop or Publisher programs. Attach your pamphlet to this paper to be graded.

Front Panels

Title Page *Title: Food Groups to Encourage *Pictures *by (Put your name on the front)	Health Benefits *Which diseases can these food groups help prevent? *How can dairy help children & teenagers.	Whole Grains *List 2 Health Benefits *Recommendation *Slogan for Whole Grains (ex. One of whole grains function is to avoid constipation.)
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Back Panels

Fruits & Vegetables *List 2 Health Benefits *Recommendation *Slogan *2 examples of each: Vit. A, Vit. C, Folate, Potassium	Fruits & Vegetables (continued)	Fat-free or Lowfat Dairy Products *List 2 Health Benefits *Recommendation *List 3 menu ideas (ex. Mac & Cheese) *Slogan
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Each Panel Colored (6 panels x 1 pt.) /6 pts.

Each Panel Illustrated (6 panels x 1 pt.) /6 pts.

Each Panel Factually Correct (6 panels x 1 pt.) /6 pts.

Total /18 pts.

Comments: